



COUNTY OF LOS ANGELES
DEPARTMENT OF PARKS AND RECREATION
"Creating Community Through People, Parks and Programs"



Tim Gallagher, Director

December 9, 2003

TO: Each Supervisor

FROM: Tim Gallagher
Director

SUBJECT: DEPARTMENT'S "HEALTHY PARKS" PROGRAM

You may be aware that the Department of Parks and Recreation has been going ahead with a Healthy Parks program. Given the concerns of health-care providers with the unhealthy lifestyles of many of the public, the Department has accelerated its efforts, especially with our youth, to offer health services and information at County parks. Following are some of the programs that are sponsored or co-sponsored by this Department.

Jackie Robinson Park, in Littlerock in the Antelope Valley, recently hosted a Health, Nutrition and Dental Fair attended by over 1,500 people. In a partnership with Antelope Valley Partners for Health and many other health providers, free dental care was given including tooth extractions, cleanings, fillings, caps, root canals, etc. In addition, the public was offered vaccinations, HIV testing, testing for TB, hearing, eyes, diabetes and cholesterol, blood pressure, mammograms and breast exams. There was also attention given to hygiene with hair cuts, tooth brushes, laundry detergent and other health care items. To promote good habits, there were discussions on nutritious eating and health care signs, and other health-related information.

Our East Agency has hosted Kids Care Fair programs at City Terrace and Sorensen Parks. This program is supported by ARCO, Sav-on Drugs, the American Red Cross, and more, and promoted by television channels 7 and 34. These events were designed to provide children, under the age of 18, with free medical screenings and immunizations. Staff worked with local medical health providers to secure the medical staff to provide these services. On the day before the event at City Terrace Park, KABC-TV Channel 7 ran a live remote from the facility informing viewers of the Kid Care Fair programs throughout the County.

Additional programs that have been offered through the East Agency include a mobile medical unit from AltaMed performing numerous free medical screenings at Salazar Park including physicals for blood pressure, glucose, anemia, etc., and flu shots and immunizations. At Roosevelt Park, staff worked with the office of Congresswoman Linda Sanchez to organize a Cancer Prevention Health Fair, held November 15.

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Healthy Parks-related programs in the South County include four pilot locations: Adventure, Carolyn Rosas, Enterprise/Magic Johnson and Lennox Parks. These activities have consisted of community forums, walking clubs, health fairs, senior programs and more. Other activities that have been already held or are in the planning stages: Health Fair was held at Athens Park in August; Health and Safety Fairs are being scheduled at East Rancho Dominguez, Victoria, Washington and Bethune Parks. Walking clubs are also being developed at sites other than the pilot locations.

On November 25, there was a Grand Opening and Health Fair celebrating the addition of a new "Walk for Health Trail" at the Kenneth Hahn Recreation Area. The establishment of this trail was a joint effort of this Department, the Department of Health Services and Community Conservancy International (CCI), a non-profit organization involved in developing and funding park-related projects. CCI also funded an educational outreach program to surrounding communities to make residents aware of the trail and the benefits of hiking in the park. Trail development was performed by Parks and Recreation with the help of the Los Angeles Conservation Corps. This challenging one-mile trail offers a scenic fitness opportunity, with six stops along the way, with signage that supplies information about breathing, hydration, heart rate, burning calories and other messages. The trail extends from the Olympic Forest to Janice's Green Valley.

I hope you find this information of interest. We at Parks and Recreation are very excited to be involved in these programs that can make a big, positive difference in the lifestyles of our park users. These efforts truly further our commitment of "Creating Community through People, Parks and Programs".

Should you wish additional information about these and/or other programs being offered by this Department, please feel free to call me at (213) 738-2951; or, Sheila Ortega of my staff will be glad to work with your staff in obtaining further information. She can be reached at (213) 738-2963.

TG/so

c: Each Park Deputy
David E. Janssen, Chief Administrative Officer
Violet Varona-Lukens, Executive Officer, Board of Supervisors
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